

# October

## Fitness Class Schedule

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|---|--|--|---|--|--|
| 8:00-8:45am<br><b>Sweat it Out</b><br>Cat   | 7:15-8:30am<br><br>Jennifer | 8:00-8:45am<br><b>Sweat it Out</b><br>Cat  | 7:15-8:30am<br><br>Jennifer | 8:00-8:45am<br><b>Sweat it Out</b><br>Cat  |  |
| 8:45-9:45am<br><b>Strong &amp; Limber</b><br>Cat  | 9-10am<br><b>Strong &amp; Limber</b><br>Cat  | 8:45-9:45am<br><b>Strong &amp; Limber</b><br>Cat   |   | 8:45-9:45am<br><b>Strong &amp; Limber</b><br>Cat   | 9-10am<br><br><b>Toning</b><br>Michaele |
| 10-11am<br><b>Yoga for Stiff People</b><br>Lorna  |  | 10-11am<br><b>Yoga for Stiff People</b><br>Lorna   |   | 10-11am<br><b>Yoga for Stiff People</b><br>Lorna   | 10-11am<br><b>Inspired Yogalates</b><br>Michaele   |
| 11-12pm<br><b>Light &amp; Lively Aerobics</b><br>Bonnie   | 11-12pm<br><b>Cardio Circuit</b><br>Michaele   |  |   | 11-12pm<br><b>Light &amp; Lively Aerobics</b><br>Bonnie  |  |
| 12:15-1pm<br><br>Michaele<br>( in Gym)                  | 12:15-1pm<br><b>Cardio/ Kettlebell Circuit</b><br>Michaele   | 12:15-1pm<br><br>Michaele | 12:15-1pm<br><b>Cardio/ Kettlebell Circuit</b><br>Michaele  | 12:15-1pm<br><br>Michaele |  |
| 12:15-1:30<br><b>Gentle Yoga</b><br>Sarah   | 1:30-2:30pm<br><b>Sole Steppin' Line Dance Class</b><br>Dan  |  |   |  |  |
| 5:30-6:30pm<br><br>Greg                                 | 5:30-6:30pm<br><b>Sculpting Circuit</b><br>Michaele  | 5:30-6:30pm<br><br>Gina   | 5:30-6:30pm<br><b>Sculpting Circuit</b><br>Michaele   | 5:30-6:30pm<br><br>Greg   |  |
| 6:30-7:30pm<br><br><b>Core &amp; Toning</b><br>Michaele | 6:30-7:30pm<br><br>Greg   |  | 6:30-7:30pm<br><br>Greg   |  |  |

**\*If you are injured, pregnant, or attending a class for the first time, please introduce yourself to the instructor and make them aware of your circumstances.**